

HOW TO SPOT SKIN CANCER™

Use this information to check your skin regularly.



1 in 5 Americans will develop skin cancer in their lifetime.



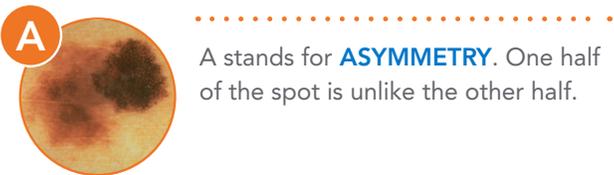
Anyone can get skin cancer, regardless of skin color.



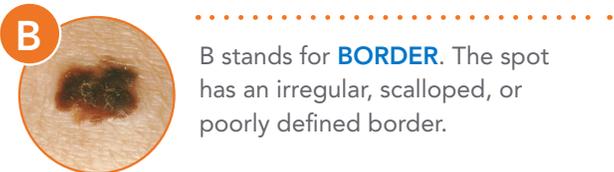
When caught early, skin cancer is highly treatable.

The ABCDEs of Melanoma

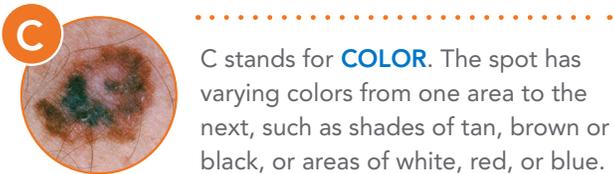
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



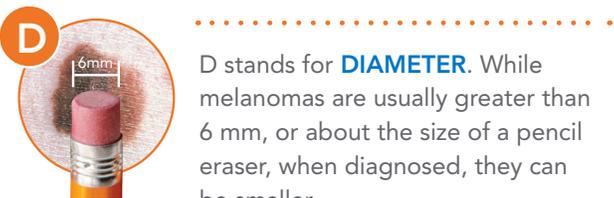
A stands for **ASYMMETRY**. One half of the spot is unlike the other half.



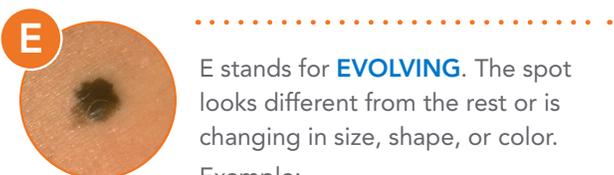
B stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.



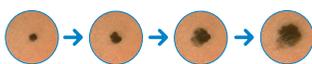
C stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.



D stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.



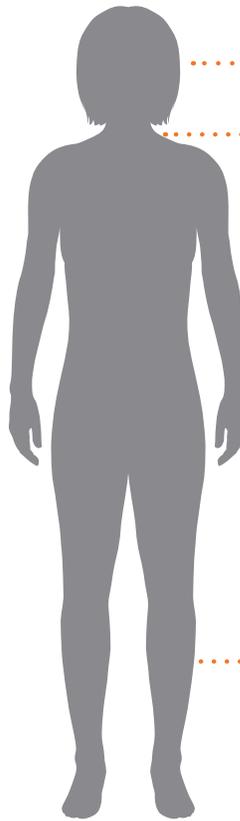
E stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color. Example:



Skin Cancer Self-Examination

How to Check Your Spots:

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask someone for help when checking your skin, especially in hard-to-see places like the scalp and back. Follow these steps:



1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.

2 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

3 Bend your elbows and look carefully at your forearms, underarms, and palms.

4 Check your back and buttocks with a hand mirror.

5 Finally, look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit SpotSkinCancer.org.